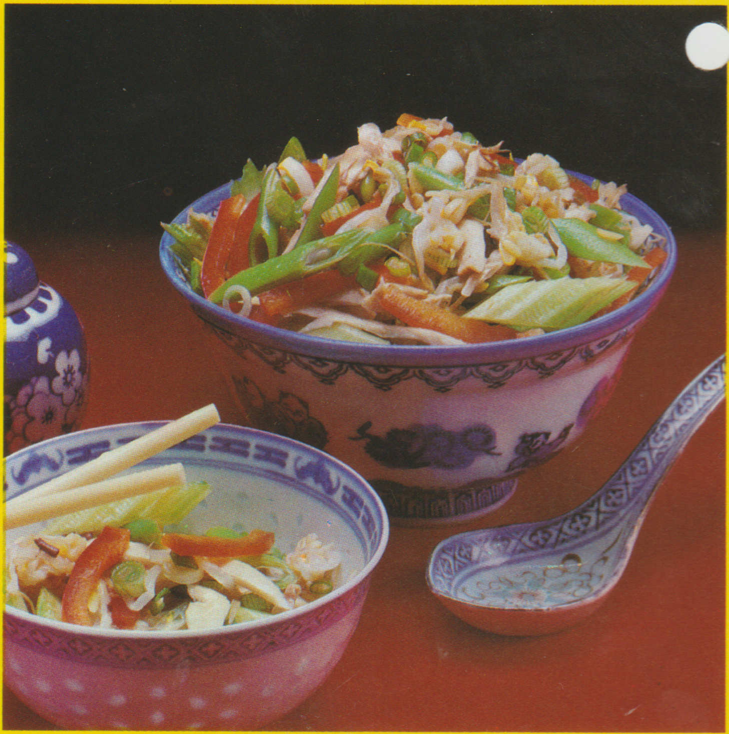
Good Health

salad recipes from

KRAFT & COLES NEW WORLD

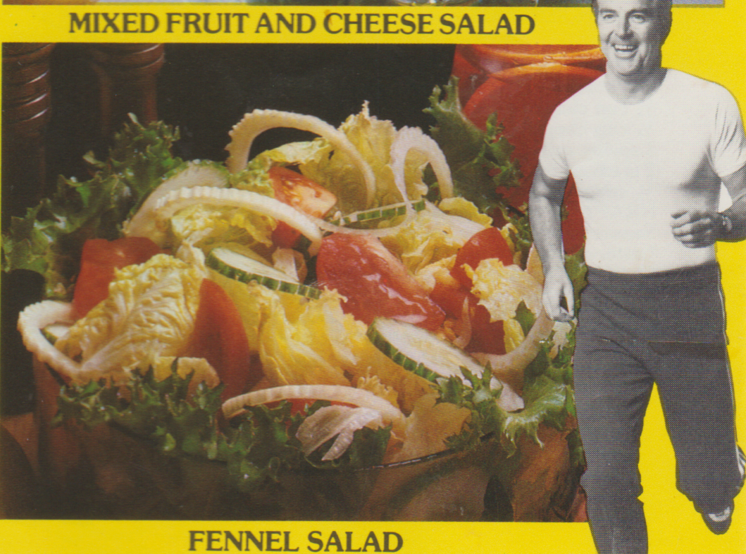
Slim down and get fit with these Summer Salad suggestions



CHINESE TWO-BEAN SALAD

ZESTY ZUCCHINI SALAD

MIXED FRUIT AND CHEESE SALAD



FENNEL SALAD

RAISIN 'N NUT COLESLAW

4 cups finely shredded cabbage
1 medium carrot, grated
½ cup salted cashew nuts
½ cup raisins
½ cup KRAFT Coleslaw Dressing
1 tablespoon KRAFT * Crunchy Peanut Butter

Combine cabbage, carrot, cashew nuts and raisins. Blend together Coleslaw Dressing and Peanut Butter. Pour over salad ingredients and toss lightly. Place in a salad bowl to serve.
MAKES 6 SERVINGS.

SPINACH SALAD

250 g spinach, washed and shredded
250 g fresh bean sprouts
6 slices bacon, chopped, cooked and drained
3 hard-boiled eggs, chopped
KRAFT Herb and Garlic Dressing
Salt
Freshly ground black pepper

Combine spinach, bean sprouts, bacon and eggs. Pour over sufficient Herb and Garlic Dressing to moisten and toss lightly. Season with salt and pepper. Place in a salad bowl to serve.
MAKES 6 SERVINGS.

CAULIFLOWER-OLIVE SALAD BOWL

1 small cauliflower, broken into flowerettes and blanched
½ cup sliced, stuffed olives
2 small onions, thinly sliced
KRAFT Italian Dressing
125 g KRAFT Processed Cheddar Cheese, cut into 1 cm cubes
Salt
Freshly ground black pepper
Lettuce leaves

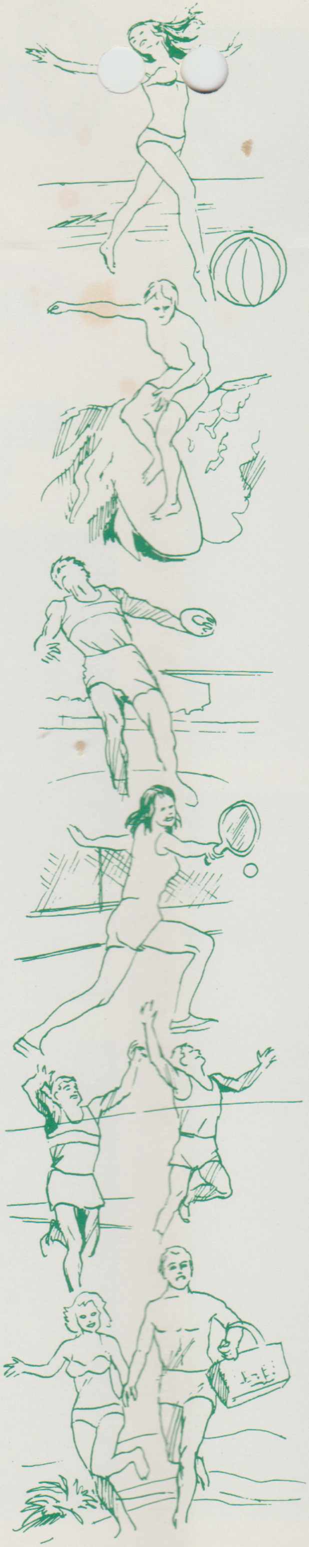
Combine cauliflower, olives and onions and marinate in a little Italian Dressing for 30 minutes. Add Processed Cheddar Cheese and toss. Season with salt and pepper. To serve, place in a lettuce lined salad bowl.
MAKES 6 SERVINGS.

AVOCADO SALAD

2 avocados, peeled, halved, stoned and sliced
¼ cup chopped red pepper
¼ cup chopped green pepper
4 spring onions, chopped
2 medium tomatoes, cut into wedges
½ cucumber, sliced
KRAFT Oil and Vinegar Dressing
Seasoned salt and pepper
Lettuce or endive leaves

Combine avocado, red and green pepper, spring onions, tomato and cucumber. Pour over sufficient Oil and Vinegar Dressing to moisten and toss lightly. Season with salt and pepper and place in a lettuce or endive lined salad bowl before serving.
MAKES 6 SERVINGS.

"All spoon and cup measures are level.
A 250 ml measuring cup is used.
A 20 ml tablespoon is used."



ZESTY ZUCCHINI SALAD (illustrated)

2 cups chopped zucchini, blanched
6 radishes, sliced
2 medium tomatoes, cut into wedges
2 yellow chilli peppers, sliced
100 g fresh mushrooms, sliced
KRAFT Zesty Italian Dressing
Salt and pepper
Lettuce leaves

Combine zucchini, radishes, tomatoes, peppers and mushrooms. Chill. Pour over sufficient Zesty Italian Dressing to moisten and toss lightly. Season with salt and pepper and place in a lettuce lined salad bowl before serving.
MAKES 6 SERVINGS.

CHINESE TWO-BEAN SALAD (illustrated)

4 spring onions, chopped
125 g fresh bean sprouts
100 g French beans, diagonally sliced and blanched
1 cup diagonally sliced celery
1 cup slivered, cooked chicken
⅓ cup red pepper strips
½ cup KRAFT Herb and Garlic Dressing
1 tablespoon soy sauce
1 teaspoon castor sugar
Salt and pepper

Combine spring onions, bean sprouts, beans, celery, chicken and red pepper. Chill. Mix together Herb and Garlic Dressing, soy sauce and sugar and pour over salad. Toss lightly and season with salt and pepper. Place in a salad bowl to serve.
MAKES 6 SERVINGS.

FENNEL SALAD (illustrated)

1 small lettuce, broken into bite-size pieces
6 endive leaves, broken into bite-size pieces
1 small fennel, trimmed and thinly sliced
½ cucumber, scored and sliced
3 medium tomatoes, cut into wedges
KRAFT Italian Dressing
Salt and pepper
Extra endive leaves

Combine lettuce, endive, fennel, cucumber and tomato. Chill. Pour over sufficient Italian Dressing to moisten and toss lightly. Season with salt and pepper and place in an endive lined salad bowl before serving.
MAKES 8 SERVINGS.

MIXED FRUIT AND CHEESE SALAD

(illustrated)

125 g PHILADELPHIA BRAND* Cream Cheese, cut into 1 cm cubes
1 red apple, quartered, cored and sliced
1 orange, peeled and segmented
1 small pineapple, peeled, cored and chopped
1 small mango, peeled, halved, stoned and diced
KRAFT French Dressing
Lettuce leaves
¼ cup poppy seeds, if desired

Combine Cream Cheese, apple, orange, pineapple and mango. Chill. Pour over sufficient French Dressing to moisten and toss lightly. Before serving place in a lettuce lined salad bowl and sprinkle with poppy seeds if desired.
MAKES 6 SERVINGS.

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